
New Hampshire
*Department of Agriculture,
Markets & Food*

PO Box 2042, Concord NH 03302-2042
271-2561 Fax: 271-1109

Fresh Meat and Seafood by the Portion—Is it good for Your Pocketbook?

By

Richard P. Cote, Supervisor, Bureau of Weights & Measures

There is an evolving trend in the offering of fresh meat and seafood at your local market. You will find that a section of the meat or seafood case is dedicated to portion size offerings. For example, you may find “captain cut” portions of cod for \$3.99, or “center cut” portions of salmon for \$4.29. If you look closely at the advertisement, you will see a portion size (e.g. 6 oz.) along with the price.

A recent seafood display at a major supermarket chain promoted 6-ounce portions such as salmon w/marinated bourbon, center cut salmon, salmon w/ garlic, and Jamaican salmon for \$3.99. The unit price for these items is \$10.64/pound. You could purchase salmon fillets adjacent to this display for \$6.59/pound—a saving of \$4.05/pound.

Also displayed in the meat case were 10-ounce portions of boneless stuffed chicken breast for \$4.79. The unit price of this item calculates to \$7.66/pound. One could purchase packaged boneless chicken breast for \$3.29/pound, a savings of \$3.37/pound.

Remember that when you purchase a “specialty” item that is marinated, coated or stuffed, the weight of these extras is included in the unit price. In other words, you are paying \$10.64 a pound for marinated bourbon. If you are trying to stretch your food dollars, consider buying by the pound and spicing up your meats and seafood at home.

For more information, contact Richard Cote, Bureau of Weights & Measures, 271-3700, rcote@agr.state.nh.us.

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